

PLAYER Core Lesson # 4 Honesty of Players

Coach Name: Lundy Chapter: Indiana Facility: Riverside Academy Date: 8/26/17

of Coaches/Volunteers: 2 # Participants: 8 Age Range: 7-13 Skill Level: PLAYER

PLAYEr-to-Coach ratio: 4:1 x 3-hole 6-hole 9-hole # of Stations/# of Holes: 2 x On-course Off-course

Duration (mins.): 60 minutes Equipment and supplies needed: Cones, Golf Balls, Soccer Balls, Big Cones, Stakes for OB, hammer, SNAG Equipment, SNAG Balls

Additional Notes: _____

Warm-up				
Time Allotted: 5 Minutes		Location(s): Getting to Practice Green		
<i>Mentally and socially engage PLAYers in activities that build rapport and connect to Learner Objectives:</i>				
<i>Physically engage PLAYers in a fitness circuit (Recommend one activity from each Category):</i>				
Strength Frog Leaps	Flexibility/Mobility Elbow to Knee	Agility/Coordination Skip	Balance Side Hops to one foot and hold	Object Control Soccer dribble
<i>Safety – Review and emphasize; connect to Healthy Habit: Energy How much energy did we use in our warm up?</i>				

Life Skills Experience—The Nine Core Values			
Time Allotted:			
PLAY <small>(Games/Activities PLAYers will experience)</small>	LEARN <small>(Behaviors reflective of The First Tee Code of Conduct and Nine Core Values)</small>	APPRECIATE	YOUR GAME
Activity: Up and Down Adventure Alternate Club Event The Game: Beat the Clock A hole with a few players using SNAG Equipment. Can they play a hole in less than _ minute? Hit one shot at a time. Alternate Club adventure is variation of Beat the Clock game.	Life Skill—Objective & Behaviors: Honesty of the Players- Learning the rules of play pertaining to scoring, order of play, honor, and pace of play Golf Skills: Select at least two skills <input type="checkbox"/> Putt <input type="checkbox"/> Chip x Pitch x Full-swing Golf Fundamental (Factor of Influence): <input type="checkbox"/> Distance-response (Size or length of motion) <input type="checkbox"/> Target Awareness (Target Selection) x Get Ready to Swing (Hold-Set-up-Aim and Alignment) Physical Healthy Habits: x Energy <input type="checkbox"/> Play <input type="checkbox"/> Safety	Game of Golf: Playing a few short holes and one long hole using different clubs Etiquette: Honor, Order of Play, Pace of Play Rules of Golf: Teeing Ground, Putting Green, Flagstick, Out of bounds, Water Hazard.	<i>...the outcomes of integrating PLAY, LEARN and APPRECIATE into each lesson plan. Progression of YOUR GAME is self-paced and can be charted through 3-hole and 6-hole markers, and 9-hole certification.</i>
Purposeful Play Activities/Games Description(s): Beat the Clock is a game where they have to use hold, Setup, Aim and alignment to finish a hole under a specific time. First time will be with Snag Equipemnt, Second time real clubs and SNAG Balls, Last time would be with real club and ball to a longer hole with trouble on it like trees, etc.			
Guiding Questions – (Ask questions to connect activities and lesson objectives) <ul style="list-style-type: none"> Ask what...? How ...? What is ...? What do the ...? Ask how type of ball requires a different size or length of motion to advance the "ball" 			

Wrap-up	Time Allotted:
Ask open-ended questions to inquire about general experiences, check for learning and bridge to golf and life: <ol style="list-style-type: none"> 1. What did you experience today about...? 2. What did you LEARN about...? 3. How can what you learned today be used in school, at home and in other areas of your life off the golf course? 	

Warm-up (Identify location; activities; number of stations; equipment needed; rotation, etc.)

10:00-10:05

As we are making our way to the green we will do all 5 movements at different times. Every time we get to a cone we do something different.

- Elbow to Knee
- Leap Frog
- Skip
- Side Hops – Land – Hold
- Soccer Dribble

Time

Lesson Progression: (List bullet-points for time allotted, lesson flow, and location of lesson activities/stations.)

10:05-10:50

Beat the Clock with

- Soccer Ball – Hole #1 Play as fast as we can with soccer ball and keep score. Probably do this twice.
- Snag Equipment – Hole #2 This will be a total time with the goal of the group finishing within 13 minutes, following all the etiquette and golf rules associated with this hole and keeping track of how many times they swing at the ball (Make a Stroke)
- Real Clubs Hole #3 – Goal is to finish in 15 minutes, count score and play safe with proper etiquette.

DIAGRAM: (Identify number of stations and location, equipment needed for each, and brief description for each station activity.)

If needed, attach diagram on separate sheet

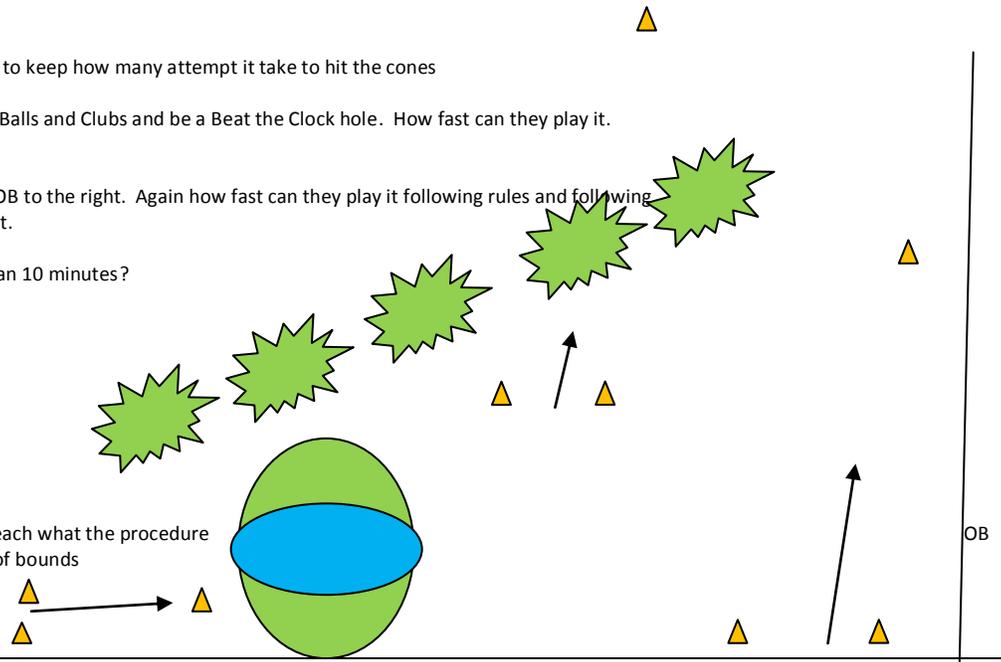
Area is set up with a 3 hole course. PLAYers are to keep how many attempt it take to hit the cones

The first hole will be short and done with SNAG Balls and Clubs and be a Beat the Clock hole. How fast can they play it. Can also play hole with a soccer ball.

The second hole will be a mid-length hole with OB to the right. Again how fast can they play it following rules and following all other etiquette rules. Using SNAG equipment.

Third hole with real clubs and real ball in less than 10 minutes?

Using the green as a water hazard would help teach what the procedure would be for a water Hazard Or it could be out of bounds



Good-Better-How Feedback (at least 3 Goods and 1 Better/How)

What was GOOD?

What could have been BETTER?

HOW would I improve it next time?